

Zips

Zero to age 21: Information
Promoting Success for Nurses
working with Kansas Kids

MAY 2005

National School Nurse Day

The National Association of School Nurses (NASN) has proclaimed May 11 as National School Nurse Day. National School Nurse Day, established in 1977, fosters a better understanding of the role of nurses in the educational setting. Today, school nursing has become a specialized practice that advances the physical well-being, academic success, and life-long achievement of students. To this end, school nurses promote health and safety; intervene with actual and potential health problems; provide case management services; and actively collaborate with others to build student/family capacity for adaptation, self management, self advocacy, and learning. They often provide these services to increasingly large numbers of students and frequently at more than one school building. A key component of National School Nurse Day observations is the celebration of how much school nurses do to keep kids healthy. Take advantage of this day to give your school nurse flowers or to take her to lunch.

Breastfeeding Educator Program

Breastfeeding Educator Program will be held May 18-20 at the Heartspring Conference Center, 8700 E. 29th St. North, in Wichita. Cost is \$200. Attendees will become certified breast feeding educators upon completion of the three day workshop, a role-play demonstration, and successful completion of a 50-item multiple choice examination. For more information and to register, contact Joyce Allen at 316-660-7383. This program is sponsored by the WIC and Healthy Babies, Inc. programs of the Sedgwick County Health Department and KDHE/BCYF Nutrition & WIC Services.



Kansas Public Health Association Spring Training

On June 2-3, the Kansas Public Health Association training near Salina will benefit everyone in attendance - those who work in the health field and those interested in their own health! The venue for the training is perfect for a Kansas family extended weekend getaway! Visit <http://www.rollinghillszoo.com> to see the location. Just click on http://www.kpha.us/content/upcoming_events.htm for more information or http://www.kpha.us/pdfs/spring_training.pdf and register now!



Report from the SW Kansas School Nurses Meeting



On Thursday, April 14, twenty-five SW Kansas School Nurses met for their spring regional meeting in Sublette. Kathy Davis from KU Medical Center presented "Learning Challenges of Chronic Illness" and "Relaxation Strategies for Children" via Telenet for the nurses. The afternoon presenter was Chris Tuck, KDHE Child and School Health Consultant, who provided information about Senate Bill 10, School Health Services Contracts, and the School Nurse Survey. A wonderful lunch was provided by the Sublette Methodist Church women. This phenomenal workshop was organized by Kristi Kelling and Christi Kinsley.

HEADS UP!

School Nurse Survey due May 15! Click [here](#) to complete. Call 785-296-7433 for more info. Thank you.

The **16th Annual Kansas School Nurse Conference** will be held July 26-29 at the Hyatt Regency in Wichita. For information and to register, go to: <http://webs.wichita.edu/continuing/KSN/ksn2005.htm>

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Zip's: Perinatal Health

The sweetest flowers in all the world — A baby's hands.

— Charles Swinburne

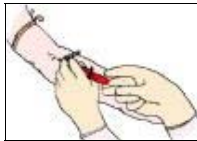
National Women's Checkup Day is May 9

Who knows? You may find out you're pregnant! Even before you know you are pregnant, be sure and take at least 400 mcg of folic acid daily to help ensure a healthier baby. Please encourage other women you know of childbearing age to do so as well. So, get your well woman checkup and stay healthy!



Importance of the Alphafetoprotein (AFP) Test

The AFP test checks a blood sample drawn from the mother for Alphafetoprotein (AFP). AFP is a protein released from the fetal liver and excreted into the mother's blood. It is generally used to detect neural tube defects, abdominal wall defects, esophageal and duodenal atresia, some renal and urinary tract anomalies, Turner's syndrome, some low birth weight fetuses, and placental complications. Sometimes a low AFP level can mean Down's Syndrome. Also, the triple screen test is used in measuring AFP, hCG, and estriol levels. This test is more accurate and screens for additional genetic problems and is beginning to replace the standard AFP test. Many times additional testing is required when abnormal levels are detected with these tests. Ultrasound Level II is performed and sometimes it is necessary to follow-up further with amniocentesis for a confirmative diagnosis to be made by the attending physician. For more information on women's health, go to the American College of Obstetricians and Gynecologists Web site at: <http://www.acog.org>



What to Ask Your Doctor During Pregnancy

First, ask your doctor which facilities they have privileges. A pregnant woman should interview each facility to determine if the facility has sufficient services to meet her needs, especially in the case of higher-risk pregnancies. What books does the doctor recommend the pregnant woman read during her pregnancy? Some suggestions are books that talk about needs of the pregnant woman before, during and after birth to ready her



for the overall experience; and books that discuss the care of her baby. Also discuss helpful items to purchase or request as baby shower gifts. A pregnant woman should ask her doctor what pains are normal or abnormal during pregnancy and drug-free ways to cope if they occur. She should also ask her physician who the backup physician (or other providers) are who could possibly deliver her baby in case of her physician is unable to attend her delivery. This one item alone can relieve much anxiety for the pregnant woman as she can become more familiar with all of those who might be a part of her birthing experience. This is by no means a



comprehensive list of questions for a pregnant woman to ask her physician, however, it is a good start in the creation of a plausible birth plan. Birth plans that are created in combination with a pregnant woman's care team (or potential care team) have been shown to result in less reported anxiety by pregnant women and open the door for potentially healthier birth outcomes.

Some Positive Things Women Say About Pregnancy

The interesting thing about pregnancy is that it is a unique and fulfilling experience for each pregnant woman. Some women feel that when they first discover or sense that they are pregnant that they have a secret that no one else in the world knows. Many women end up playing games with their "children to be" especially during times when there is increased movement of the fetus within their pregnant bellies. And, of course there are those pregnant women who feel it is wonderful to have that glorious big, round belly and the ephemeral glow that seems to go along with the state of being pregnant.



Couvade Syndrome: What are its Implications for Care of Pregnant Families?

The word couvade comes from the French word "couvee" which means "to

hatch." Further, it has a special meaning for "pregnant dads," that is, it means a "sympathetic pregnancy." Men who experience couvade syndrome feel so empathetic with the experience of pregnancy of their partners that the men begin to have symptoms of pregnancy. It has been reported that men experience weight gain, nausea, vomiting, abdominal cramping, back pain, facial flushing, and many other symptoms simultaneously with their partners throughout their pregnancies. Some men are more susceptible to couvade syndrome than others. Research has shown that couvade syndrome is more prevalent in couples who either have experienced infertility and/or were adopted children. Perhaps we should provide good general advice to pregnant fathers about how to deal with the symptoms of pregnancy. For more information about couvade syndrome see: JF Clinton, "Expectant fathers at risk for couvade" Nursing Research, Sept-Oct 1986, pp. 290-5.; H Klein, "Couvade syndrome: male counterpart to pregnancy" International Journal of Psychiatry in Medicine, 1991, Vol. 1, pp. 57-69; and, C Khanobdee, V Sukratanchaiyakul, and JT Gay, "Couvade syndrome in expectant Thai fathers" International Journal of Nursing Studies, Apr 1993, pp. 125-31.



Smoking During Pregnancy --- United States, 1990-2002

Smoking during pregnancy has declined in the United States in response to public education and health campaigns. Smoking adversely affects the health of both mother and child during pregnancy. The risk for adverse maternal conditions (e.g., premature rupture of membranes, abruptio placentae, and placenta previa) and poor pregnancy outcomes (e.g., neonatal mortality and stillbirth, preterm delivery, and sudden infant death syndrome) is increased by maternal smoking. Infants born to these mothers weigh less and low birthweight (<2,500 grams) is a key predictor for infant mortality. Infertility and conception delay also might be elevated by smoking. Neonatal health-care costs attributable to maternal smoking in the United States have been estimated at \$366 million per year. Smoking-cessation programs remain a crucial strategy in addressing these issues. For more info, go to: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5339a1.htm>

Issue Brief Highlights Racial Disparities in Health Care

"Policy Challenges and Opportunities in Closing the Racial/Ethnic Divide in Health Care" highlights policy challenges and opportunities for addressing racial and ethnic disparities in health care. The issue brief, produced by the Kaiser Family Foundation, reviews evidence underpinning five broad areas of policy initiatives that flow from recommendations made in the Institute of Medicine's 2002 report, "Unequal Treatment: Confronting Racial and Ethnic Disparities in Care." These areas include (1) raising public and provider awareness, (2) expanding health coverage, (3) improving the number and capacity of providers in underserved communities, (4) improving health care quality, and (5) increasing the knowledge base. The brief also presents information on next steps in addressing health care disparities. The brief is available at:



<http://www.kff.org/minorityhealth/7293.cfm>

National Center for Infant and Early Childhood Health Policy

The National Center for Infant and Early Childhood Health Policy recently announced the release of their report on "Family Support: Fostering Leadership and Partnership to Improve Access and Quality," number 14 in their series. For details, go to:

<http://www.healthychild.ucla.edu/Publications/NationalCenterPubs.asp>

Source for State Health Facts

Statehealthfacts.org has recently added new data on Medicaid, Demographics and the Economy, and Health Costs & Budgets. You can view a list of all recent updates at: <http://statehealthfacts.org/cgi-bin/healthfacts.cgi?action=whatsnew>

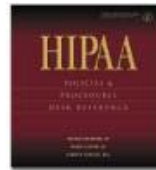
How HIPAA Rules Apply to Interpreters

"HIPAA and Language Services in Health Care" discusses how the Health Insurance Portability and Accountability Act's (HIPAA) patient privacy rules apply to interpreters who provide language services to individuals with limited English proficiency in health care



settings. The issue brief was prepared by the National Health Law Program with support from the California Endowment. Information is presented in a series of questions and answers addressing such topics as who is covered by the HIPAA privacy rules and how to know if the rules apply; what patient information is protected under HIPAA; when an interpreter can disclose protected patient information; HIPAA training for interpreters and who is responsible for providing training; and what to do if the interpreter believes that the privacy rules are being violated. The issue brief is available at:

<http://www.healthlaw.org/pubs/200503.hipaaandinterpreters.pdf>



Asthma Disparities

"We understand more about factors that influence asthma morbidity (the worsening of asthma in allergic asthmatic individuals) than we do about factors that influence the development of allergy and asthma," state the authors of an article published in the Annual Review of Public Health. Asthma, the most common chronic disease of childhood in the United States, disproportionately burdens many socio-economically disadvantaged urban communities. The article presents theories explaining worldwide asthma disparities. The authors then discuss the nature of disparities in asthma in the United States and potential partial explanations for those disparities. To read the report abstract, visit:

<http://arjournals.annualreviews.org/doi/abs/10.1146/annurev.publhealth.26.021304.144528>



New Interactive Data Searches

State and national data results on public/private insurance coverage; children with emotional, developmental or behavioral issues; and additional questions from the Impact on the Family section of the National Survey of children with special health care needs (CSHCN) can be searched through the interactive data query feature on the Data Resource Center Web site. Go to:

<http://cshcndata.org/anonymous/Dataquery/DataQuery.aspx>

2005-2006 Immunization Information for School Entry

The hepatitis B and varicella vaccination school entry requirement will include kindergarten and 1st grade students for the 2005-2006 school year. This requirement is based on KAR 28-1-20. KDHE will be implementing this requirement for school entry in stages by adding one grade level per school year to phase in all children enrolled in Kansas schools for these additional vaccinations. This is in addition to the other vaccines required for all children enrolled in Kansas schools. If you have any questions, please contact the Kansas Immunization Program at 785-296-5591.



KidFood Newsletter

The KidFood e-mail newsletter published by the University of California Extension Service in Placer-Nevada (California) counties has been updated. You can see the newest issue of the newsletter, as well as previous issues, online at: <http://ucce.ucdavis.edu/counties/ceplacerveada/newsletterfiles/newsletter568.htm>. KidFood is a great resource for families about good nutrition for children and offers quick and easy kid friendly recipes.

National Dairy Council 3-A-Day Nutrition Educational Grant Program

The National Dairy Council announces funds for its 3-A-Day of Dairy Nutrition Education Grant program. The 3-A-Day Nutrition Educational Grant program is designed to improve overall diet by including three servings a day of milk, cheese, or yogurt to help children adopt a healthy, active lifestyle. Deadline is May 13. For more information visit:

<http://www.nationaldairycouncil.org/NationalDairyCouncil/Health/ThreeADay/grant.htm>



What Is the Body Mass Index?

BMI - a measurement derived from someone's weight and height - has recently been recommended as an additional routine measurement of growth. It is the basis for recent studies that children are increasingly overweight. For more information, see: http://kidshealth.org/parent/general/body/bmi_charts.html

National Day to Prevent Teen Pregnancy, May 4, 2005

The purpose of the National Day to Prevent Teen Pregnancy is to focus the teens' attention on the importance of avoiding too-early pregnancy and parenthood. Teens nationwide are asked to go to <http://www.teenpregnancy.org> and take a short "quiz" that asks them what they would do in a number of sexual situations.

The Power of Prevention

Declining teen birth rates have significantly improved overall child well-being in all 50 states and the District of Columbia, according to a new state-by-state analysis that was released on April 13.

Specifically, the analysis shows that child poverty would have been worse in 2002 if state teen birth rates had not declined between 1991 and 2002--compelling evidence that preventing teen pregnancy is a direct and effective way for states to reduce poverty and improve overall child well-being.

Please visit <http://www.teenpregnancy.org/whycare/whatif.asp> to learn more about this important new research, including: state specific fact sheets and press releases; easy-to-read tables detailing state data and state rankings; frequently asked questions about the new research; and a memo explaining the methodology of the new research.

Adolescent Development and the Biology of Puberty: Summary of a Workshop on New Research

An oldie but a goodie, this publication is the result of a workshop attended by an interdisciplinary group of researchers and practitioners to review the state of knowledge about adolescent development.

This workshop focused both on puberty--a set of physical changes rooted in biology that can be timed and measured--and on adolescence--a more general and gradual coming of age that occupies much of the second decade of life. Free

download of PDF with sign-in (email address only). On-line viewing (slow) free without sign-in. Go to:

<http://www.nap.edu/catalog/9634.html>

National Hopeline Network: 1-800-SUICIDE

National Suicide Prevention Lifeline: 1-800-273-TALK

Children's Mental Health: An Overview and Key Considerations for Health System Stakeholders

This 28 page report presents facts about current mental health services and key policy considerations for promoting and advancing comprehensive mental health systems for children and adolescents. The issue paper provides background information on children's mental health, and discusses financing mental health services for children and adolescents, building systems to support mental health needs, and selected national initiatives. A conclusion, information on evidence and issues for specific mental health treatments for children and adolescents, and links to additional resources are also provided. See: <http://www.nihcm.org/CMHReport-FINAL.pdf>



Failure To Require Warning Labels on Contraceptives May Have Put Public's Health at Risk

A new report from the US Government Accountability Office concludes the Food and Drug Administration may have put the public's health at risk by not requiring medically accurate labeling on contraceptives containing the spermicide Nonoxonyl-9 (N-9). At least seven different studies in the past 13 years have demonstrated that frequent use of N-9 can cause irritation of the vaginal walls, which increases the likelihood of HIV/AIDS infection. Get the highlights at <http://www.gao.gov/highlights/d05399high.pdf> or the detailed report at:

<http://www.gao.gov/new.items/d05399.pdf>

The ABCs of Bullying: Addressing, Blocking, and Curbing School Aggression

An Online Course From: Center for Substance Abuse Prevention
This online course examines the causes and effects of bullying, prevention techniques and programs, screening, treatment options, and legal/ethical issues surrounding bullying. It is designed for professionals in education, health and mental health, and related fields, including social workers, school counselors, school nurses, teachers, and principals. Because this course focuses on prevention,



particular attention has been given to the problem of bullying in elementary and middle school. Prevention materials are intended for students in elementary through high school and for community-wide use. The resources section includes publications, telephone hotlines, Web sites, videos, and other materials that provide additional information on school bullying and other topics relating to violence. Visit: http://pathwayscourses.samhsa.gov/bully/bully_intro_pg1.htm

Adolescent Access to Care and Reporting Requirements

Many states have different requirements regarding the required reporting of certain adolescent sexual activities. Health professionals working with adolescents should be familiar with the specific legal requirements in their state. Last fall, the Society of Adolescent Medicine (SAM),



working in collaboration with other health care professional organizations,

issued a joint position statement that articulates some general principles: "Protecting Adolescents: Ensuring Access to Care and Reporting Sexual Activity and Abuse: A Position Paper of the American Academy of Family Physicians, the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, and the Society for Adolescent Medicine." The position paper was published in the November 2004 issue of the Journal of Adolescent Health. It was also subsequently endorsed in December 2004 by the American Medical Association. It can be accessed at: http://www.adolescenthealth.org/PositionPaper_ProtectingAdolescents.pdf

Reports Say Inhalants More Population with Kids than Parents Know

The report at <http://www.drugfree.org/Portal/DrugIssue/News/NewFindingsOnInhalantsParentandYouth> discusses the history and current state of adolescent inhalant use. It describes parent and adolescent attitudes based on their findings from The Partnership Attitude Tracking Study (PATS) -- the largest drug-related attitudinal tracking study in the country. Web and PDF versions of the report are available.



COMPREHENSIVE VACCINE STORAGE AND HANDLING TOOLKIT NOW AVAILABLE ON THE NIP WEBSITE

On March 29, the National Immunization Program posted a new professional-education resource on its website. The "Vaccine Storage and Handling Toolkit" features 11 chapters of information, numerous online resources, and two videos: How to Protect Your Vaccine Supply (2003 version) and Ten Top Vaccine Storage and Handling Errors. Note: How to Protect Your Vaccine Supply is currently being updated for 2005 and will be available later this year. To access the toolkit, go to: <http://www2a.cdc.gov/nip/isd/shtoolkit/splash.html>



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two videos: How to Protect Your Vaccine Supply (2003 version) and Ten Top Vaccine Storage and Handling Errors. Note: How to Protect Your Vaccine Supply is currently being updated for 2005 and will be available later this year. To access the toolkit, go to: <http://www2a.cdc.gov/nip/isd/shtoolkit/splash.html>

MyPyramid Plan

One size doesn't fit all. The US Department of Agriculture has created a Web site with tools to help you choose the foods and amounts that are right for you. Go to <http://www.mypyramid.gov/> and click on MyPyramid Plan in the menu box at the right of the page. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box. For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.



Prepare Tomorrow's Parents.org

Prepare Tomorrow's Parents is a nonprofit organization dedicated to promoting and facilitating parenting education for children and teenagers. Their goal is to bring parenting, nurturing, and relationship skills education to all children and teens to improve the quality of parenting in the next generation while creating caring classroom environments that facilitate learning. Through identifying and promoting programs, inspiring efforts, advising proponents, and providing resources and public education, Prepare Tomorrow's Parents works toward a society in which every child is well nurtured and parenting is a valued occupation undertaken only by prepared adults. Learn more at their Web site: <http://www.preparetomorrowparents.org>

Scholarships Available for Bilingual Students Pursuing Careers in Health Care

Seventy \$2,000 scholarships are available for Spanish-speaking, bicultural high school students who want to pursue careers in the health care industry. The scholarships, funded by the PacifiCare Foundation, the philanthropic arm **PacifiCare®** of PacifiCare Health Systems, Inc. are offered on behalf of PacifiCare's Latino Health Scholars program, which is designed to educate and encourage Hispanic and Latino students to pursue career opportunities in health care. High school seniors with a minimum grade-point average of 3.0 who are fluent in Spanish and English are eligible to apply. Applicants must show proof of acceptance into a university, community college, or an accredited technical college, and must be enrolled in an approved healthcare program at the time they receive the scholarship. For 2005, PacifiCare has expanded the program to include two PacifiCare Freedom Awards in the amount of \$25,000 each for the two most deserving and qualified applicants. Application deadline is June 30. Guidelines and applications are available at http://www.pacificare.com/commonPortal/application?origin=hnnav_bar.jsp&event=bea.portal.framework.internal.portlet.event&pageid=ContentDisplay&portletid=contentdisplay&wfevent=link.viewarticle&navnode=Foundation.9

Robert Wood Johnson Foundation Local Initiative Funding Partners

The Robert Wood Johnson Foundation has announced funding through the Local Initiative Funding Partners program. The Local Initiative Funding Partners program is a partnership program between the Robert Wood Johnson Foundation and local grant makers that supports innovative, community-based projects to improve the health and health care for society's most vulnerable people. Up to \$6 million is available for the 2006 grant cycle, in which up to eighteen matching grants of \$100,000 to \$500,000 (per project) will be awarded. To be eligible for this program, projects must offer collaborative, community-based services that are new and innovative. Significant program expansions - such as a major expansion into new re-



gions or to new populations - may also be considered. Projects must be nominated by a local grant maker interested in participating as one of the funding partners. Application deadline is June 30. For complete program information and application guidelines, please visit:

<http://www.liif.org/html/apply/cfp.html>

Chicken Soup for the Nurse's Soul Author to Speak at Stormont-Vail HealthCare in Topeka

In celebration of the nursing profession in northeast Kansas, Stormont-Vail HealthCare is sponsoring four free sessions for nurses with nationally acclaimed professional speaker, author, and nurse LeAnn Thieman. Thieman's talks on May 10 will be in recognition of National Nurses Week and commemorate all that nurses do. In addition to Stormont-Vail nursing staff, other nurses in the northeast Kansas area are invited to attend a session with Thieman. She will give talks at 8 a.m. and 1 p.m. based on her book, *Chicken Soup for the Nurse's Soul*, and sessions at 4 p.m. and 7:30 p.m. on "Balancing Your Life in the War Zones." Each session will last about an hour. All sessions will be held at the Pozez Auditorium in the Pozez Education Center, 1505 S.W. Eighth Street, at the north end of Stormont-Vail. Parking is available in the adjacent parking garage. For more information on the event, contact Stormont-Vail's Health Connections at (785) 354-5225 or go to <http://www.stormontvail.org/media/chickensoup.html>



Springtime Fitness

By Chris Tuck, Child and School Health Consultant

Now that springtime is here and days are longer and warmer, it is a great time to move toward a healthier lifestyle, which needs to include exercise! When you begin, start with a low- to moderate-intensity workout. Work up to 30 minutes, three days a week and then increase time and intensity until you reach 60 minutes a day. Walk or run with friends, garden, cycle, inline skate, swim, ski, golf—do any activity that you enjoy. "Looking good" in summer is a good goal, but the most important aspect of exercise is improving "how we look" on the inside. Thrice-weekly vigorous exercise can elevate "good" HDL cholesterol and lower the bad stuff. Work toward a healthier lifestyle—start exercising!

School Nurse Survey due May 15

Click [here](#) to complete. Call 785-296-7433 for more info. Thank you.

Food in Kansas Schools Senate Bill 154

As part of efforts to build a healthy Kansas, Governor Kathleen Sebelius



signed a bill to promote good nutrition in Kansas schools. The bill, SB 154, directs the State Board of Education to develop

guidelines for all foods and beverages made available to public school students during the school day. In developing the guidelines, the board is directed to consult with other state agencies, private foundations, and other entities. It is also required to address the provision of healthful foods and beverages, physical activities, and wellness education directed toward the prevention and reduction of childhood obesity. When establishing the wellness policy of the school district, the local boards of education are directed to take into consideration the guidelines developed by the State Board of Education. To view SB 154 visit the Kansas Legislative website at: <http://www.kslegislature.org/bills/2006/154.pdf>

Report Highlights Dangers of Inhalant Use by 12- and 13-Year-Olds

A new report released March 17 by the Substance Abuse and Mental Health Services Administration finds inhalant use by 12- and 13-year-olds to be a marker for future drug use and delinquent behavior. For more information visit: http://www.healthinschools.org/2005/March17_alert.asp



Children's Mental Health: An Overview and Key Considerations for Health System Stakeholders

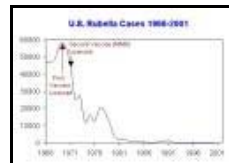
This report of the National Institute for Health Care Management Foundation presents facts about current mental health services and key policy considerations for promoting and advancing comprehensive mental health systems for children and adolescents. The issue paper provides background information on children's mental health, and discusses financing mental health services for



children and adolescents, building systems to support mental health needs, and selected national initiatives. A conclusion, information on evidence and issues for specific mental health treatments for children and adolescents, and links to additional resources are also provided. The paper is available at: <http://www.nihcm.org/CMHReport-FINAL.pdf>

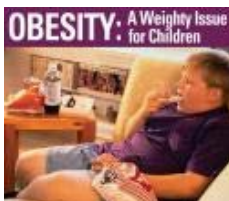
A Public Health Story: How Rubella Was Eliminated

It was once a hazard of pregnancy, but a vaccine and intensive campaigns to immunize children have all but ended transmission of rubella in the United States. For more information on this and other school health topics, visit the Health and Health Care in Schools e-Journal at: <http://www.healthinschools.org/ejournal/ejournal.htm>



MODEL POLICIES PROVIDE GUIDANCE TO LOCAL SCHOOL DISTRICTS IN PROMOTING NUTRITION AND PHYSICAL ACTIVITY

Model School Wellness Policies is a comprehensive set of model nutrition and physical activity policies intended to provide guidance to local school districts on promoting nutrition and physical activity and addressing obesity. The model policies were developed by the National Alliance for Nutrition and Activity in response to requests for guidance in meeting the new federal



requirements of the Child Nutrition and WIC Reauthorization Act of 2004. (The act requires that all school districts with federally funded school meals programs develop and implement wellness policies by the start of the 2006-2007 school year.) The policies are based on nutrition science, public health research, and existing practices from exemplary states and local school districts around the country. Topics include school health councils, nutritional quality of foods and beverages sold and served on campus, nutrition and physical activity promotion and food marketing, physical activity opportunities and physical education, and monitoring and policy review. Links to additional resources are also provided,

along with information on using the model policies, self-assessment and planning tools, and a list of supporting organizations. School districts may use the model policies as written or revise them to meet local needs and reflect community priorities. The model policies and additional resources are available at: <http://www.schoolwellnesspolicies.org/>

Children Are Doing Better, But Only a Little, Index Reports

The "2005 Index of Child Well-Being," an annual report prepared by the Foundation for Child Development, finds that on some measures American children are doing slightly better than they did in 1975, the base year for the index. These measures include teen birth rates, violent criminal activity, smoking, and illicit drug use. However, the health domain continues to decline as the result of steadily rising levels of obesity. To learn more visit: http://www.healthinschools.org/2005/March30_alert.asp



Federal Child Nutrition Programs

The federal child nutrition programs provide crucial funding for meals and snacks in after school, summer, and before school programs. The Food Research and Action Center provides information on how the child nutrition programs operate and how to access them. See: http://www.frac.org/Out_Of_School_Time/index.html

For more information . . .

Childhood Obesity: A Select Bibliography <http://www.healthinschools.org/sh/obesitybib.asp#health>

The Center for Health and Health Care in Schools has added new links to its Keeping Kids Healthy: Obesity, Nutrition & Physical Exercise web page: <http://www.healthinschools.org/sh/obesity.asp>



Dying to be thin? Anorexia. Narrated by Julianne Moore: <http://www.facetheissue.com/anorexia.html>

The Dietary Guidelines for Americans 2005 Web site is now linked on the KSU Web site: <http://www.oznet.ksu.edu/humannutrition/dietaryguide.htm>



ZipS: Events and Resources

Events

Kansas Public Health Nursing/ Maternal Child Health Conference



The conference will be May 3-5. Breakout sessions topics are posted on the KDHE Office of Local and Rural Health Web

site: http://www.kdhe.state.ks.us/olrh/LHD_PHN_Conference.htm. To register, visit <http://ks.train.org>, create an account, search for the conference and register. For more information contact: dfromer@kumc.edu.



KAN BE Healthy

KAN BE Healthy RN Training will be held Thursday, **May 5**, Wichita Airport Hilton, immediately following the 2nd Annual Public Health Nurse Maternal Child conference 1 p.m.-5 p.m. This initial orientation to *KAN BE Healthy RN Training* offers four contact hours. The fee is \$50. Washburn University, School of Nursing, is an approved provider of nursing continuing education by the Kansas State Board of Nursing. Registration is required. To register call 785-231-1399 or go on-line at http://www.washburn.edu/ce/health_care/kbh/training/group_study.html.

Fire, Burn & Life Safety Conference

May 2-7 Fire, Burn & Life Safety Conference – Wichita. For more information contact: Janet Cusick Jost at 316-946-5048 or email at burnandfire@viachristi.org

May is:

National Bike Safety Month

League of American Bicyclists
1612 K. Street, Suite 401
Washington, DC 20003
202-822-1333
<http://www.bikeleague.org/index.cfm>



National Electrical Safety Month

Electrical Safety Foundation International
1300 N. 17th Street, Suite 1847
Rosslyn, VA 22209
703-841-3211
<http://www.esfi.org>



National Trauma Awareness Month

American Trauma Society
8903 Presidential Parkway, Suite 512
Upper Marlboro, MD 20722-2656
800-556-7890
<http://www.amtrauma.org>

National Safe Boating Week May 21-27

National Safe Boating Council
P.O. Box 509
Bristow, VA 20136
740-666-3009
<http://www.safeboatingcouncil.org>

Buckle Up America! Week May 23-30

NHTSA, Office of Occupant Protection
400 Seventh Street, SW
Washington, DC 20590
202-366-9550
<http://www.buckleupamerica.org/>



Resources

A Great List of Grant Funding Opportunities

The Center for Health and Health Care in Schools (CHHCS) is a nonpartisan policy and program resource center at the George Washington University School of Public Health and Health Services. One CHHCS service is a listing of grants from a variety of sources for a variety of reasons. Check it out at: <http://www.healthinschools.org/grants/alerts.asp> Also, see some examples from this list below.



Robert Wood Johnson Foundation - Active Living Research Program

Active Living Research, a \$12.5 million national program of the Robert Wood Johnson Foundation, is designed to stimulate and support research that will identify environmental factors and policies that influence physical activity. Application deadline is May 25. For more information visit: <http://www.healthinschools.org/grants/ops269.asp>

Target Opens Community Giving Grants Program

Target is now accepting applications for its Community Giving Grants Program that supports programs that focus on preventing family violence.



Knowledge is proud that he has learned so much; Wisdom is humble that he knows no more.

— William Cowper

Target will support the following programs to improve and prevent family violence: parenting education, family counseling, after-school programs, support groups, and abuse shelters. Application deadline is May 31. For more information visit: <http://www.healthinschools.org/grants/ops267.asp>

Jordan Fundamentals Program Offers Support for Teachers in Low-Income Schools

The Jordan Fundamentals Grant Program was established in 1999 to recognize outstanding teaching and instructional creativity in public secondary schools that serve economically disadvantaged students. Application deadline is June 15. For more information visit: <http://www.healthinschools.org/grants/ops271.asp>

Samuel Harris Fund For Children's Dental Health

The American Dental Association Foundation announces funding through the Samuel Harris Fund to improve and maintain children's oral health through community education programs. Application deadline is July 8, 2005. For more information visit: <http://www.healthinschools.org/grants/ops252.asp>

NetWellness

NetWellness is a consumer health information service delivered on the web. It's for people who need accurate, timely answers to health questions. NetWellness is a great resource for school nurses. To learn more or to use this tool, go to: <http://www.netwellness.org>

MCH Research Program Web site

The Maternal and Child Health (MCH) Research Program of the Maternal and Child Health Bureau (MCHB) has launched a new Web site to enhance dissemination of MCH Research Program activities and projects. The MCH Research Program supports applied research relating to MCH services that has the potential to improve health services and delivery of care for MCH populations. The site provides information on new funding opportunities and currently funded research projects. The site also includes an events calendar, conference archives, a program description, and the MCHB Strategic Research Issues, Fiscal Years 2004-2009. The Web site is available at: <http://www.mchb.hrsa.gov/research/>